



PUBLIC HEALTH RESOURCES FOR PRIMARY CARE CARDIOVASCULAR HEALTH

INTRODUCTION

Although heart disease and stroke mortality rates have declined dramatically over the past 50 years, heart disease remains the number one cause of death and stroke the third cause of death in both Michigan and the nation. The mission of the Cardiovascular health, nutrition and physical activity section is to create a heart-healthy and stroke-free Michigan by increasing physical activity and healthy eating, reducing health disparities and preventing and controlling other cardiovascular disease factors.

WEB Resources

[High Blood Cholesterol University](#)

The Michigan High Blood Cholesterol University (HBCU) is a catalog of cholesterol resources organized into three campuses:

- [Professionals](#) – guidelines, information and office practice tools
- [Patients](#) – educational materials on cholesterol and treatment – talking to health care providers about medication, diet and other steps to reduce risk for heart disease
- [Community Groups](#) - resources for group classes and community settings

[High Blood Pressure University](#)

The Michigan High Blood Pressure University (HBPU) is a catalog of high blood pressure resources. Most of the resources can be downloaded and used. Some of the publications are available in hard copy for a fee. Resources are organized into three campuses:

- [Professionals](#)– hypertension guidelines, information and office practice tools on BP measurement and tracking, cardiovascular risk assessment, and evidence-based regimens for achieving BP control through medication, diet, exercise and more
- [Patients](#) – educational materials on importance of BP control through talking to health care providers about medication, diet (DASH and low salt), exercise, smoking cessation and more
- [Community Groups](#)- educational resources for groups or to raise awareness in community settings

[Education/Training Module on Blood Pressure Measurement and Guidelines](#)

A 1 hour self-paced CD or web-based training module that can be used in primary care practices to teach/review correct blood pressure measurement, documentation and interpretation.

The training is provided free to Michigan residents. There is a charge for out-of-state residents.

- To receive the free training CD, fill out and submit the order form ([click here](#)).

To take the training online with the fee waved 1) register on the training website

<http://mihealth.trainingcampus.net> and 2) contact Jill Scott Gregus to be given free access to the course.

CONTACT INFORMATION

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